



29. Nordhäuser Silvesterlauf 2015

Nordhausen / 31.12.2015

Detailed evaluation

Hesse, Gerald

Club: TTC Frankfurt/O.

Number: 112

Course: 7.20 km

Pokallauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 36:42

Speed: 11.44 km/h

Running performance: 5:06 min/km

Rank in course/Total: 34 (of 55)

Rank in course/Men: 33 (of 44)

Best time in course: 20:47

Rank in category: 3(of 4)

Best time in the category: 31:48